

# KRAV MAGA



website:

[www.firstdefensekravmaga.com](http://www.firstdefensekravmaga.com)

phone:

703-835-9054

email:

[info@firstdefensekravmaga.com](mailto:info@firstdefensekravmaga.com)



First Defense Krav Maga  
360 Herndon Parkway  
Suite 1200  
Herndon, VA 20170

## 2019 September FDKM Newsletter

Bye Summer, and Hello to Fall! With everyone's schedule getting back on track, we're looking forward to seeing all of our Kravers back on the mat training. It's also a great time to try out and/or start training if you've been interested to do so. We've got some great courses coming up this September.

---

Hello FDKM'ers

It's been great seeing everyone back from the summer break! We're ready to get everyone back into the swing of training Krav Maga. We're kicking September off with our popular Intro to Krav Maga Courses. This year we're offering this course to not only adults but also to our youth divisions. It's a great way to get a kick start Krav training here at First Defense. (more info on registration below) Our Members only Seminar Series returns this month with Part II of Anti-Carjacking. The seminar will be on Sunday September 22nd, 3-5 pm. We'll be working on Threats and Attacks from inside the car. For current FDKM members, please be sure to RSVP your spot. September is also a big rank testing month. You'll see many of your fellow FDKM'ers reviewing and preparing for their next rank these next few weeks. Rank testing is a way to do a progress check to make sure everyone is learning the techniques correctly and to move on to the higher level material. We're looking forward to seeing everyone

leveling up!

There's lots of info in this month's newsletter.  
Read on! And we'll see you on the mat!

- Nick, Ann, and the First Defense Krav Maga Team

## UPCOMING EVENTS



### Members Seminar Series

Our Members Only Seminar Series returns this September 22nd, 3-5pm with Anti-Carjacking: Threats from Inside the Vehicle.

Please make sure to RSVP for this Seminar through your MindBody account or with Dakota at the front Desk.



### Introduction to Krav Maga Course for Adults.

Don't miss this opportunity to kickstart your Krav Maga training. This 4 week- 8 class course is one of the best ways to learn and start training Krav Maga. Register today!

Course will begin on Monday September 9th.

[REGISTER](#)



### S.O.S Workshops: Worst Place to be

Our next S.O.S Workshop will be held on Friday September 13th. The topic will be, Worst Place to be. These workshops are designed to be a two hour intensive focusing on a specific threat or topic.

For more information on our S.O.S Workshops Click the link below

[MORE DETAILS](#)

## In First Defense Krav Maga News

# CHOOSE YOUR FALL INTRODUCTION!



This Fall we're offering an Introduction to Krav Maga for students of all ages! Our Introduction to Krav Maga Course is designed to teach beginners key concepts and techniques that will set the up for success in future training. Participants in the course have the opportunity to learn and see what training Krav Maga here at First Defense is all about and to get a head start before jumping into regular Fundamental classes.



September's Introduction to Krav Maga course begins on September 9th. Each class focuses on a specific theme or topic. From choke releases to protecting others, you will get a sampling of all that the system of KMG Krav Maga has to offer.

As with our regular classes the Introduction to Krav Maga Course develops 4 components - physical, technical, tactical, & mental.

All new journeys start with a single step. Join us for our September Introduction to Krav Maga Course and step onto the the path towards increased confidence, physical fitness and personal safety.

For more information about our September Introduction to Krav Maga Course for Adults, please visit the link below

[READ MORE !\[\]\(a03a7eb2f4046e1d3c76772003e549ea\_img.jpg\)](#)



Our Popular 4 Part Women's Introduction to Krav Maga Seminar series is Back for the Fall session (September, October, & November).

"Between 15 and 76 percent of women are targeted for physical and/or sexual violence in their lifetime"- endvawnow.org



Each seminar in this 4 part series will focus on women specific threats and scenarios. The dates are as follows, September 29th, October 13th, October 27th, and November 10th. Register for all 4, or an individual session. These two hour seminars are perfect for beginners who want to learn more about training Krav Maga related to scenarios that women face most often. Open to women of all ages, and to young ladies who are 14 and older.

Registration will open August 15th, so be on the lookout for a notification. If you have any questions prior to registration opening, please contact us at 703-835-9054 or via [email](#).



#### 4-Week Introduction to Krav Maga for Kids 8-10yrs.

On Wednesday afternoons from 5-5:45pm, join us to a 4 week introduction to Krav Maga for kids ages 8-10.

Topics we will cover include awareness and attention, prevention and avoidance, and Krav Maga Self-Defense.

September 4, 11, 18 & 25.

**REGISTER** 



# INTRODUCTION TO KRAV MAGA JR. & TEEN DIVISION

4  
WEEKS  
09.09 09.30  
AGES  
11-16

4-Week Introduction to Krav Maga for Pre-Teens and Teens

On Monday afternoons from 5:45-6:30pm, join us to a 4 week introduction to Krav Maga for kids ages 11-15.

Topics we will cover include awareness and attention, prevention and avoidance, and Krav Maga Self-Defense.  
September 9, 16, 23 & 30.

[REGISTER](#) 

## 2019 SOS Krav Maga Workshops

Specific Topic training.



Join us Friday September 13th at 7 pm for "Worst Place to Be", the 9th workshop in our SOS series. Although it's said that most fights go to the ground (and some even start there), it's not a place we generally want to be in a fight. September's seminar will deal with the realities of being on the ground when the attacker is still on their feet.

What is the SOS workshops? Our SOS Krav Maga workshops is for anyone who is looking to supplement their current KM training OR for the individual who has a more restrictive schedule and can't make it to regular training. These workshops are being offered on the second Friday of every month in 2019! Don't miss out on this training opportunity.

For non First Defense members, you can purchase passes or single sessions:

Single session pass- \$149

Current First Defense member pricing

Single session pass- \$99

[FIND OUT MORE](#) 



## Members Only Seminar Series

Sunday September 22nd 3-5 pm



**MEMBERS SEMINAR**  
**277**  
**FIRST DEFENSE**  
**דגל**  
**SEMINAR SERIES**

**ANTI-CARJACKING:  
THREATS FROM INSIDE THE VEHICLE**

First Defense Members Seminar Series is back this month. This September we'll be working on Part 2 of our Anti-carjacking threats. In the Spring we worked on threats from outside the car. This month we'll work on threats from inside the car. This seminar series is open to all members with a full membership with us here at FDKM. If you plan on attending please make sure to RSVP your spot via



Mindbody or with Dakota at the front desk.

Date: Sunday September 22nd

Time: 3-5 pm

## FDKM turned 9!

August 2019



Huge THANK YOU! to everyone who came out to Mt. Defiance Cidery to celebrate our 9th

anniversary of First Defense Krav Maga! Here are just a few photos from that day. It was fantastic to be able to meet everyone's family and have a chance to mingle without using our fists.....heh..heh... We're looking forward to our next social event with everyone!!!!



### Account Changes

Just a reminder that all Account change requests need to be submitted minimally with 30 days notice. This includes all non-medical Account Holds and Account cancellations.

Beginning in 2020, there will be a Administrative fee of \$20 to process any non-medical hold on an account.

### Back to School

Many families are returning from their Summer break and vacations. Please make sure your account information is up to date. This includes address, emails, and billing information.

We're looking forward to seeing everyone back into the swing of things!

### Wear Protection!

Ladies and Gentlemen, yes this is Krav Maga and we will be doing groin strikes.

OUCH! So let's be prepared! Wear groin protection. There are several styles and options for both men and women available.

## Big Congrats to our newest P1's & P2's

Leveling up!



Congrats to our newest P1's (L-R) Drew N., Oleg I., Sofia A., Tony K.





Congrats to our newest P2's (L-R) Winfred D., Nick N., Lori F., Brandi A.

## 2019 Testing Schedule

Let's work together to reach your goals!



Our next scheduled Practitioner level 1 & 2 testing will be held on Saturday October 5th, and Practitioner Level 3 and about will be on Sunday September 15th. We hope to see everyone who is eligible for testing! For those who are eligible to test you will receive an invitation and registration link to do so via email. If you have any questions about your eligibility to test please see Nick or Ann.

Here are our tentative Testing dates for 2019:

**P1 & P2 Testing:**  
October 5, November 23.

**P3 and above:**  
September 15, & December 15

*Krav Junior Testing, is tentatively scheduled for Saturday September 14th. Parents will be notified in August if their Child is eligible to test and meet all the testing requirements.*

---

## KMG Ground Fighting Course w/Rune Lind

Las Vegas November 1st-3rd



Unfortunately, there is no KMG Fall Camp in Las Vegas this year. However, there will be one of KMG's newest events - the Ground Fighting Course. In this course, GIT member and Expert 5 Rune Lind, will lead us through techniques and tactics for taking the fight to the ground and dominating from that position. 90% of the material is KMG curriculum (pulled from various levels) with the remainder being techniques, tactics, drills, combinations and transitions Rune has used with his fighters in his 20 years of instructing MMA in Norway.

The course is open to all students and instructors. Use the link below to read a few words Rune has written about the course and to register.

[\*\*Register Today!\*\*](#)

---

## Ground Force Method Registration!

# GROUND FORCE METHOD™

**GROUND FORCE** **GFM**

**METHOD** MOVEMENT FROM THE GROUND UP



Registration link: <https://tinyurl.com/GFM-Herndon-VA>

Learn how to teach healthy movement and become the expert that everyone wants - Ground Force Method is the system that will help you teach movement without pain or dysfunction. GFM has progressions for every level of ability, and has corrective movement flows that teach strength, mobility, and stability, even while being engaging and fun for both instructor AND student.

There is no better way to help people get STRONG than to teach them how to move well...



Please send an email to [Groundforcemethod@gmail.com](mailto:Groundforcemethod@gmail.com) for special registration codes for:

- Registering for GFM Level 1 &2 certifications @ 10% discount on registration price
- Current StrongFirst Instructor, FMS Professional, Flexible Steel Instructor, KMG Instructor, Oxygen Advantage Instructor @ 10% discount on registration price
- Recertification (lots of intelligent updates!) @ 50% off registration price

MOVEMENT FROM THE GROUND UP | GROUND FORCE METHOD

---

## Shuaijiao Shoutouts!

Shuaijiao is BACK again this September!!!! We're looking forward to seeing everyone this month for Shuaijiao on Saturdays. Our group is growing, which has been a lot of fun to train with everyone! We're hoping to potentially add an additional class during the week in the near future. This month Nick will be traveling up to NYC to do some training with the group headed out to Brazil in October.



August 27, 2019 marks a historical date in the long history of Shuaijiao. For the first time ever, a World Shuaijiao Federation is official with 26 founding organizations. The United States Shuai-chiao / Shuaijiao Association is proud to represent the United States and partner with other members around the world to grow Shuaijiao globally. The USSA also has key roles in the new World Shuaijiao Federation in the Executive Board:

Vice-President: Dr. Chi-Hsiu Daniel Weng

Deputy Secretary General: Jan-Yu Weng

as well as Representative Committee Member: John Ervin, USA

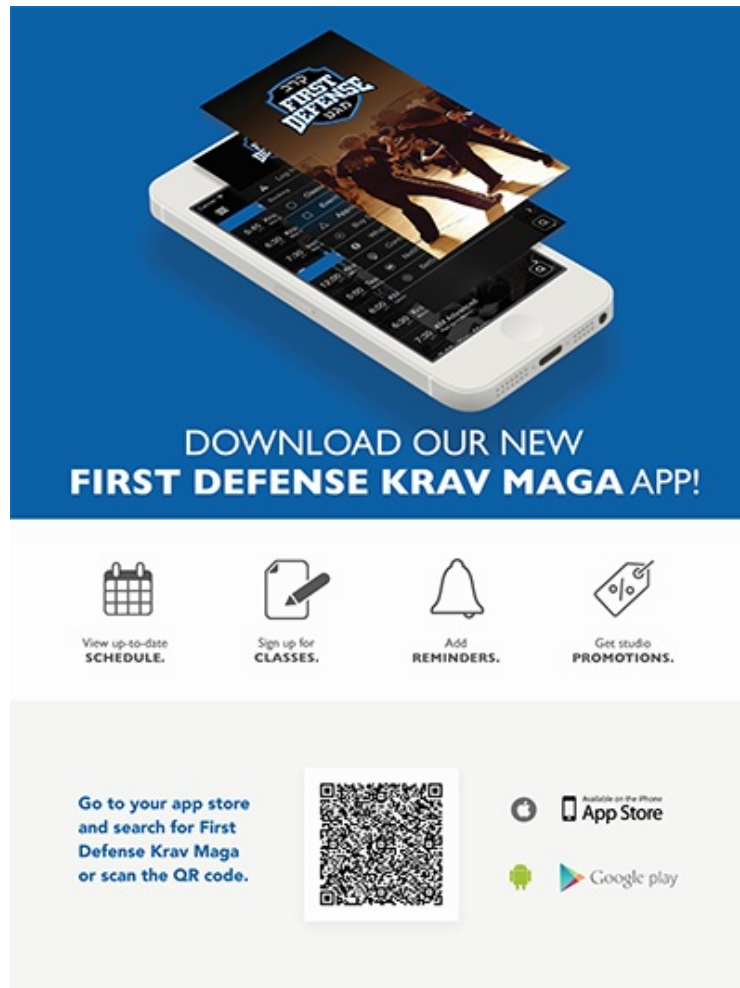
For more information about the parent organization United States Shuaijiao Association, you can messenger them on Facebook or email [ussainfo@aol.com](mailto:ussainfo@aol.com).

We look forward to seeing you in class on Saturdays from 1-2 pm. For more information about the Shuaijiao program here at FDKM please feel free to contact Coach Nick at [nick@firstdefensekravmaga.com](mailto:nick@firstdefensekravmaga.com).

---

## FDKM Private Facebook page & App

Missing events and announcements?



DOWNLOAD OUR NEW  
**FIRST DEFENSE KRAV MAGA APP!**

View up-to-date  
**SCHEDULE.**

Sign up for  
**CLASSES.**

Add  
**REMINDERS.**

Get studio  
**PROMOTIONS.**

Go to your app store  
and search for First  
Defense Krav Maga  
or scan the QR code.

Available on the iPhone  
**App Store**

**Google play**

Feel like you're missing out on events and other ongoings here at First Defense? For current members who have Facebook accounts, make sure you're part of our Private Facebook page. If you haven't received an invite for our group, please visit the front desk. Many of you may have different email accounts associated to different social media sites. We want to make sure you're part of the conversation! We share a lot of videos, photos, and information on our private Facebook site. Of course, it also gives you the opportunity to chime in and join the fun banter that happens on there too! Not on Facebook? No problem! Just download our Free app to get updates and notifications on upcoming events and important news.

---



### First Defense Referral Program

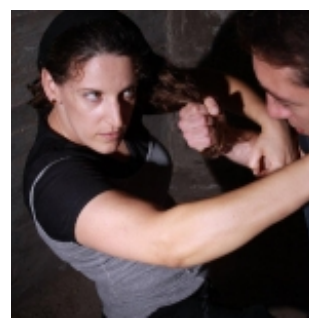
Did you know that First Defense Krav Maga offers a \$10 discount for every person that you refer that signs up for a membership? Better yet, both of you receive \$10 off your membership! So everyone wins.

Think about it: 5 referrals join as members, they each get \$10 off their monthly rates. But, you get \$50 off! (both accounts must be current and in good standing to receive the discount)

### Spread the Word



Help the First Defense family grow, tell others why you joined. Did you join to learn Krav Maga for it's key self defensive techniques so you could improve your own personal safety? Does your membership give you the missing key to your personal fitness routine? We would love to hear from you, please share your testimonials on Facebook, Google, Yelp, Twitter, LinkedIn, etc.



### Reminders

If you have had an address change or need to update your credit card please remember to update it on MindBody or talk to Ann at the front desk.

Only shoes that have never been worn outside are allowed on the mats for class. If you don't have indoor-only shoes, bare feet or socked feet are fine, but we highly recommend getting some shoes for class. This will help keep our mats clean free of dirt, grime, and germs from the outside.

It is First Defense's policy that all men wear groin protection when they attend class. This is for your own safety. We do not want anyone to take a groin strike unprotected. We also want to remind all members that you should be wearing First Defense or KMG t-shirts and pants or shorts (w/ appropriate rank patch) when you're taking Krav Maga classes.

You should also be wearing your hand wraps during class, especially the striking class. Not only do they provide protection to hands and wrists, they also soak up a lot of the sweat that will otherwise end up in the mitts and gloves.

---

Thank you for taking the time to review our News & Updates. We look forward to seeing you in class soon.

Sincerely,

Nick & The First Defense Krav Maga Team

---

Forward this email

STAY CONNECTED   